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# WARTBURG TRUMPET

October 16, 2018 | For more news, go to www.wartburgtrumpet.com | Volume 113, Number 05

# TENNIS TAKES CONFERENCE TITLE

The Wartburg women's tennis team took home the first conference title in program history at Wartburg. —**Wartburg Sports Information**

## Wartburg women's team gets historical win

**ANNIKA WALL**
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The Wartburg women's tennis team traveled to the University of Dubuque Oct. 9 and came back with their first conference title in program history with an 8-1 victory.

This is the first time going undefeated in conference play as they advance to 11-0 to finish out their fall season. The Knights are only six wins away from tying the single season wins record and seven away from owning it outright.

"This is what we have been working for all season, and to see our hard work finally pay off is amazing," Ashley Rottinghaus '19 said. "At the beginning of the season, Coach Gustas talked to us about what it would take for us to be conference champions. Whether it's in practice or a meet, we constantly support each other because each one of us wants our team to be as successful as it can be."

The Knights went 6-0 in singles matches. Rottinghaus began the spree with her 6-2 and 6-0 victory in the one spot over Ashley Palacios Quinonez.

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Wartburg now offers a master's program in music therapy.
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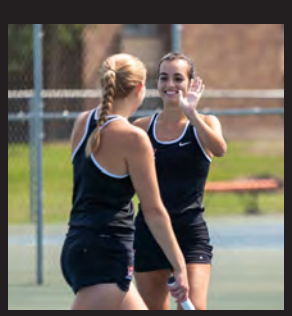

**GRAPHIC**

Homecoming Schedule

A schedule of the main events during homecoming weekend.
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TRUMPET

FALL 2018

VOLUME 113 ISSUE 05

## LETTER FROM THE EDITOR

# Happy Homecoming!

**MEGAN STEPHENSON**
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Thank you for picking up this week's issue of the Trumpet!

This week, the Trumpet team worked to give you even more content. Inside this issue, you will find athletic acheivements, the latest news, opinons on the world around us and more.

Homecoming is right arond the corner, so we have also included a schedule of the main events happening over the weekend, and you can look foward to homecoming coverage in the future (just in case you miss out on the festivities).

Homecoming and family weekend is always a blast. It is a time to celebrate alumni and former residents as well as bring together students and families to get to know each other and build a stronger community.

I encourage you all to make the weekend Wartburg #worthit and participate as much as possible.

With Homecoming and fall break coming up, this will be our last issue for the month of October. We look forward to seeing you in November.

As always, I hope you enjoy this issue.

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### GET INVOLVED

We want your feedback! Send us your comments, questions or concerns to trumpet@wartburg.edu with "Letter to the Editor" in the subject line.

The Wartburg Trumpet is published most Mondays during the academic year.

### STORY MEETINGS

The Wartburg Trumpet story meetings are every Thursday at 11:30 a.m. in McElroy 133. To submit a story idea, email trumpet@wartburg.edu by Saturday at 5:00 p.m. To sign up for a story, attend the Thursday meetings or contact Megan Stephenson at megan.stephenson@wartburg.edu.

### NEW WRITERS WANTED

The Wartburg Trumpet is looking for passionate writers to be a part of their team. Contact Megan Stephenson at megan.stephenson@wartburg.edu.

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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

# Wartburg offers first graduate program

**SILVIA OAKLAND**
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Wartburg College is working on developing a master's program in music therapy.

The new program would be the first master's program offered at Wartburg.

"I'm really excited about it," Dr. Brian Ernsting, dean of faculty, said. "Music therapy is one of signature programs and is extremely popular. It's not a program all colleges do."

Currently offered to students is an undergraduate program in music therapy, which requires students to take foundation courses along with courses in music theory and music history.

Students are also required to participate in practicums each semester.

"We're placed in the Waverly and Waterloo area to do field experiences with supervisors and get the opportunity to get hands on experiences with clients," Kim Schlesinger '19 said. "Each week we're expected to plan a session and implement the session once we get to our sight placement."

The master's program, however, requires more of students. Also, those working as music therapists can enroll to gain advanced skills.

The American Music Therapy Association (AMTA) is the accredited agency for music therapy training at Wartburg and oversees the national standards of music therapists.

Currently AMTA does not require music therapy to be a master's entry level profession.

"There has been movement in the field for the past 15 or so years to move to a master's level entry but we're not there yet," Barbara Ashton, music therapy in residence, said. "I think music therapy is going in that direction and it's a good idea in order to keep up with those changes."

While this is Wartburg College's first graduate program, Ernsting sees a possibility for further growth of other programs.

"I would say the future of Wartburg College would involve additional master's programs" Ernsting said. "What those will look like I'm not sure but we will listen to faculty and see what we're excited about offering."

Wartburg is one of the only private colleges in Iowa to offer music therapy bachelor's and a master's degree.

The music therapy master's program is set to begin the summer of 2019, and currently no students are enrolled.

# V-Day holds dinner, prepares for "Vagina monologues"

**KENDALL ERENBERGER**
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The V-Day Campaign held a Candle Light Dinner on Oct. 10 for students to learn more about the organization.

"V-Day is all about destigmatizing talking about women's issues," Simmons said. "It's always been important, but I think especially in our political climate today it's more important now than ever."

The Candle Light Dinner features a formal dinner, at the dinner's conclusion, the organization gave a presentation on the V-Day Campaign.

This included explaining the group's work with the Cedar Valley Friends of the Family, which serves survivors and victims of domestic violence and sexual assault in the surrounding area.

Also, Rebecca Buchanan, event coordinator and director of Wartburg's production of the Vagina Monologues, and Maddie Simmons, the V-Day chair, performed "My Short Skirt," a monologue from the "Vagina Monologues," by Eve Ensler.

"Eve Ensler went out and interviewed hundreds of different women of different backgrounds, sexualities, races, everything, and she put together their stories in this collection of monologues," Buchanan said. "It's not a universal women's story but it does delve into a lot of the issues that women face as well as the joys and pleasures of being a woman."

Simmons said that the organization usually holds a dinner closer to the Vagina Monologues, but this year the members of V-Day wanted to get more information out about what the audition process for the "Vagina Monologues" earlier, so that everyone on campus would have a chase to to sign-up to audition.

"I think it's important for any college campus to do it," Simmons said. "Just because there are a lot of statistics about sexual assault on college campuses and I think the monologues offer a very frank and very open way to discuss some of the issues ultimately college campuses face, including Wartburg."

This year's "Vagina Monologues" will be held Feb. 14-15.

Auditions for the monologues will be held Nov. 5-6, and each person that identifies as a woman and auditions will earn a part.

Before the monologues, someone that identifies as a man will perform a reading of "The Man Prayer."

"Just hearing the stories of all the cast of the monologues and to hear what it means to them, I think it really is just empowering that these girls get to tell these stories that are also their stories, it's what they need I think sometimes," Buchanan said. "And I'm really glad that I get to be a part of that."

V-Day is hosting a Poetry Reading event in the chapel basement on Oct. 30. Students who are interested can contact Simmons or Buchanan at madison.simmons@wartburg.edu and rebecca.buchanan@wartburg.edu, or come to the event.

VDAY
Wartburg College

Coming up...

| | | |
|---|---|---|
| Poetry Reading | Oct. 30 \| 7-8:30 p.m. | Chapel Basement |
| Auditions | Nov. 5-6 \| 6:30-9:30 p.m. | McCoy Room |
| Monologues | Feb. 14-15 \| 7 p.m. | Lyceum |

V
DAY

-**Anthony Quesada Sánchez**/*TRUMPET*

# Applications open for service summit

-**Submitted graphic**

**LEXI BODZIOCH**
*PHOTO EDITOR*
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Organizers of the Summer Leadership and Service Summit (SLSS) are searching for mentors to participate in the summit this summer.

SLSS is a college credit camp that brings high school students to campus for a week to learn about leadership while partaking in service activities. Students submit applications to Ashley Lang, assistant director of the Institute for Leadership Education and director of SLSS, and are chosen based on the applications.

"It aligns pretty well with our LS115 course, obviously pretty condensed," Lang said. "There is lots of team building, daily service trips or talks, nightly homework [reflections and essays] and the a fun activity that is outside of Wartburg, because it is summer and we do want to have fun as a group."

High school students travel to campus and are paired with a Wartburg student mentor to generate a service project idea. The idea is presented at the end of the week-long camp to peers, parents, community members and Wartburg faculty and staff.

The project is then fulfilled during the students' senior year of high school, a portfolio is created at the camp to highlight the progress of the project implementation.

"As a mentee, I was able to get a grasp at college expectations, meet other high school students, and live on Wartburg's campus for a week," Destany Himschoot, senior who was both a mentor and mentee at SLSS, said. "SLSS is the primary reason why I chose Wartburg through the service-learning opportunities, the lifelong friends I made, and supports and resources I was given while working on my service project my senior year of high school."

In the past, service activities have been at Retrieving Freedom, Salvation Army and the Cedar Valley Food Bank. The SLSS camp also takes students to a Waterloo Bucks baseball game, improv class, cookout and hosts a pool party at "The W."

Students who complete the program at the camp receive college credit at Wartburg College for LS115 as well as a $4,000 scholarship, Lang said. Mentors receive a stipend pay check, as well as additional leadership training at no cost.

"As a mentor, I have been able to reflect on my past experiences, share my understandings with the mentees, collaborate with the other mentors and learn and grow from others," Himschoot said. "Most of all, I have been encouraged to identify my strengths, weaknesses and preferred leadership style. Not only have I been given the opportunity to teach others, but also learn so much about myself."

To become a mentor, Wartburg students may submit an application to Lang, then an interview would be conducted.

Applications for SLSS are due Oct. 31, 2018. For more information about the application process and the Summer Leadership and Service Institute, go to wartburg.edu/lss or email Lang at ashley.lang@wartburg.edu.

# October is breast cancer awareness month

**LEXI BODZIOCH**
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October is breast cancer awareness month. Breast cancer is the leading cause of deaths by cancer of women worldwide.

In the United States, breast cancer is most commonly found in women and it is the second most common cause of cancer deaths in women. Approximately 266,000 people are diagnosed with breast cancer each year in the United States.

"Breast cancer is not something that can be prevented easily," Megan McMillan, nurse practitioner at the Noah Health Clinic, said "The biggest factor in the cause of breast cancer is family history, and if you carry the breast cancer (BRCA) gene, you are more likely to be diagnosed."

Breast cancer can stay malignant in the human body for years at a time. Once it is diagnosed, it will take a toll on the mental and physical condition of that person. Breast cancer is more common in women ages 55 or older, according to breastcancer.org, however McMillan strongly urges women ages 18-29 to regularly complete self exams.

"Be self-aware if you notice anything different," McMillan said. "When checking, be aware of bumps or lumps that may seem uncommon or unnatural. You can also get a blood test to see if you carry the BRCA gene."

There are many treatments to aid in the effort to beat breast cancer, and "in many cases, a combination of two or more medicines" are used for chemotherapy for breast cancer, according to breastcancer.org. The treatment of the cancer can be taxing to the patient and the patient's family, so it is imperative that preventative care is taken seriously by women at risk.

"My grandma had breast cancer, and you could see both the mental and physical change to her," Abby Lucas, senior marketing major said. "Chemotherapy was the worst part of her treatment. All her hair fell out, she was withering away from being so sick all the time."

While there is a big push for the awareness of breast cancer in October, it is important to be aware all year long.

McMillan stated that everyone should make sure to conduct monthly self-exams, and if something unusual is found, contact a medical physician immediately.

For more information, go to breastcancer.org.

*In the shower*

*In front of a mirror*

*Lying down*

## How Should A Breast Self-Exam Be Performed?

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Breast Self-Exam (BSE) graphic created by the National Breast Cancer Foundation.
- **nationalbreastcancer.org**

# Pathways helps students prep for interviews

**KRYSTAL JOHNSON**
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Job seeking can be stressful for a number of reasons, such as resume building, writing a cover letter, knowing what to wear to an interview or even the interview in general.

Wartburg Pathways Center has ways to make the job seeking process easier on students by providing help in the preparation process. On Oct. 9, the Pathways Center held mock interviews for business students.

"What we try to do is either bring in alums, people who are connected to the college to be interviewers," Derek Solheim, director of the Pathway's Center, said of the event. "We try to bring in people who are experienced in interviewing people so they can get a real life taste of what an interview looks like."

According to an article featured on College Recruiter, mock interviews help reduce anxiety for students and prepare the participants. The interviews are set up in Pathways and last about 20 to 25 minutes of questions by the interviewer and then about five to 10 minutes of feedback on how the interview went for the interviewee. The hope is to mimic what the student may experience in a first interview for either their first job or an internship.

"We've had people folks that have been apart of these interviews that have connected those later on to future opportunities," Solheim said.

Solheim said that a majority of college students today connect with people via electronically, through devices such as email or text, but there is a lot less face-to-face interactions and it can become uncomfortable for students when they're put in that type of situation.

Solheim also said that the interviewers are always impressed by the amount of involvement that the students do on campus and the ability to connect class project experiences to a job environment.

"Sometimes your answers can be about a time when you failed and then based on that you can say, here's what I learned and here's how I applied it the next time," Solheim said.

While the interviews that were held on Tuesday were held through a partnership with the business department, Pathways is open to partner with other departments to give every student an opportunity to practice interview skills.

Student that wish to complete a mock interview can also contact Pathways without a partnership with a department.

"You would provide us with the job description and give us your resume and then we would craft questions based on what you're applying for and then we would give you feedback," Solheim said.

For more information about the mock interview process, go to info.wartburg.edu/Pathways/Career-Services/Interview-Resources.

## 10 Essential Interview Tips

1. Come prepared
2. Make a good first impression
3. Listen actively
4. Follow their lead
5. Prepare your answers
6. Be confident in your answers
7. Take your time to answer thoughtfuly
8. Ask Questions
9. Follow up
10. Be yourself

The 10 Essential Interview Tips were from the WisconsonJobs.com. The full article is found on the Pathways' website and can be found using the link below **–Krystal Johnson/***TRUMPET.*

# Students who stay on campus still enjoy breaks

**KRYSTAL JOHNSON**
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Wartburg students usually have several breaks between the school year that starts in September And ends after the May term. However, for a number of students Wartburg is home year round.

"If they have friends and family in the United States, they'll travel to see them or a domestic student may invite them to go along with them to visit their families," Zafrul Amin, the director of international services office, said. "About half of students stay on campus during breaks and work to make some money, some with just hang out and relax."

Wartburg student Angeline Neo, a third year graphic design and art major from Malaysia, spends a majority of the breaks on campus.

"If it's a short break, like fall break or Thanksgiving break, usually I'll hangout with my friends or sometimes my host parents will invite us to a dinner," Neo said.

Amin said that Wartburg tries to have some sort of activity during the breaks. IClub, or international club, and the international services office hosts events, like taking students to the Mall of America or having a pizza party.

"We try to gather all of the [international] students who are on campus and try to have a community," Amin said. "We try to invite domestic students, we try to invite multicultural students, so whoever is on campus we try to gather them all together and try to have some sort of gathering."

The most common issue for students that stay on campus during breaks is often a lack of food options.

"In terms of food, sometimes they don't have meals, so I'll cook for myself for the whole week," Neo said. "This coming break, Asian Students Association will have a cookout event. We will cookout for international students and it will be held in the Zesty."

Wartburg's diverse student population allows students to bond and share experiences and build lasting friendships.

"They all come from a different background but at the end of the day they're here and all clumped together so they have a special bond," said Amin.

For more information about activities during breaks, contact Neo at angeline.neo@wartburg.edu.

Anthony QuesadaSanchez/*TRUMPET*

# National coming out day at Wartburg

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Wartburg Alliance hosted several activities throughout the week of Oct. 8 to the Oct. 14 in celebration of National Coming Out Day held on Oct. 11.

A number of students, faculty and staff participated in Alliance-sponsored activities, such as Jeopardy, a coming out panel and a movie night, to spark conversations and spread awareness.

According to Human Rights Campaign's (HRC) report, more than 10,000 LGBT-identified youth, ages 13-17, are growing up in America, and 42 percent say the community in which they live is not accepting of LGBT people.

Wartburg Alliance provides a platform for students, regardless of sexual orientation or gender identity, to educate themselves and others and to cultivate an accepting environment, according to the group's mission statement.

Aurion Redding, vice president of Alliance, said National Coming Out Day in particular is important to the LGBTQ community for several reasons.

> *"As an ally who continues to be educated, I think it is vital for there to be a platform to educate those who are not familiar with everything.*
>
> *- Aurion Redding*

"It is a day for those in the community to celebrate, and with their celebration help those who may not be comfortable yet with coming out," Redding said. "I also believe it is a good time for those that are not a part of the community to learn and become educated.

Cassie Hales, director of Residential Life and chief student conduct officer, said the day focused on providing resources and awareness for those who are struggling with their own identity.

"I think it oftentimes is taken as a day for those who are already out to reflect and celebrate their process, but not a day where many who are questioning and struggling with their own identity can be as supported as possible," Ian Coon, a third-year student, said

While the coming out process is different for every member of the LGBTQ community, many report a fear of bullying, trouble at school and not being accepted by family and friends, according to HRC.

"They must come out to themselves, because we live in a society that is heteronormative," Coon said.

Allies to the community are encouraged by Alliance to continue to educate themselves and others as much as possible.

"As an ally who continues to be educated, I think it is vital for there to be a platform to educate those who are not familiar with everything." Redding said.

Coon said he encourages students and members of the community to be mindful when voting and giving support to certain groups.

"Do not elect leaders or support religious beliefs that are conservative and hurtful in their ideologies to the existence and rights of humans," Coon said.

Alliance will continue to host events throughout the year, including the annual Drag Show in March of 2019.

If students have questions about Alliance, the LGBTQ community or how to become an ally, go to wartburg.edu/alliance for a list of information and resources, or reach out to Gale Trimble, president of Alliance.

If you have personal emergency, contact the Iowa Statewide Crisis Line at (800) 332-4224. If you have a general emergency on campus, contact Wartburg Security at (319) 352-9999.

## Wartburg Alliance Events

**General Meetings take place at 8 p.m. in Grossman 16. The meetings feature a variety of activies, safe discussions and more.**

**Nov. 4**
**Nov. 15**
**Nov. 29**
**Dec. 6**

**Alliance also hosts community meeting at 7 p.m. in Dier's House. The meetings are open to the public.**

**Nov. 11**
**Jan. 13**
**Feb. 10**
**Mar. 10**

**Alliance hosts a GAYLA Week which features a week of events, along with a Drag Show in March 2019.**

# Kavanaugh: Partial and Political

**COLIN JACOBS**
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Brett Kavanaugh faced numerous allegations claiming he attempted to rape one women in high school and that he exposed himself to another women when he attended Yale. Evidence that was collected in a week long allegation showed no evidence that the events in question occured. **–Wikimedia Commons, Dennis Cook through Shutterstock and Lorie Shaul.**

The contentious United States Supreme Court confirmation process for Judge Brett Kavanaugh came to a close with a 50-48 vote on Oct. 6.

Wrought with multiple sexual assault allegations, fiery senate committee meetings, and explosive testimonies, the confirmation process captured the attention of the nation and created seemingly more questions than answers.

While it was clear that the sexual assault allegations were the focus of the prolonged process, as they should have been, serious issues arose with Kavanaugh that had little to do with the allegations.

One of the pillars of our Judicial system is a belief in impartiality: an ideal that ensures a case will be heard fairly without the fear of Judges' ideology and values influencing the ruling.

What Kavanaugh demonstrated in the testimony following Dr. Ford was nothing short of a politically-fueled tirade that displayed his own political values.

In his opening statement, Kavanaugh asserted that "this whole two-week effort has been a calculated and orchestrated political hit, fueled with apparent pent-up anger about President Trump and the 2016 election" and speculated that "revenge on behalf of the Clintons and millions of dollars in money from outside left-wing opposition groups" propocated the allegations.

Not only is it dangerous for a Supreme Court nominee to engage in rampant speculation, it is irresponsible to make politically charged comments that contradict the assumed impartiality. A functioning court at any level of government must provide the public with just and equal process that relies on fact, law and precedent.

The comments made by Judge Kavanaugh, coupled with his angry outbursts and hostile attitude toward Democrats, should have been clear indicators that he lacks the impartiality and demeanor to become an Associate Supreme Court Justice.

Retired Supreme Court Justice John Paul Stevens remarked that Kavanaugh "demonstrated a potential bias involving enough potential litigants before the court that he would not be able to perform his full responsibilities."

With Kavanaugh's confirmation, the United States may have just entered an era of an openly politicized and polarized Supreme Court.

# Oscars should not cave to including a "Popular Film" category

The Academy of Awards, or the Oscars, is hosted on Feb. 24, 2019, and nomination announcements will be on Jan. 22. Along with the new category, the academy announced that the show would also be cut on time. **– Flickr.**

**ROBERT NEWELL**
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During the summer of 2018, the Academy of Motion Picture Arts and Sciences announced it

would be adding a new category to the Oscar's. This category would be called Popular Film.

As the name implies, the category was meant to give an award to the film that the academydeemed as the most popular for that year. The elements for critiquing and rating the movies has not been released to the public.

However, in September, the Academy drew the category out of contention. This came aferscrutiny from fans of the Oscar's.

There were two arguments that stood out as the main reasons for its removal. One was that thecategory was made to pander to more casual audiences and therefore get an increased viewershipfor the Oscar's televised ceremony.

Second is that it will unintentionally discount movies like "Black Panther." Which stands alone as a good movie according to many review, such as on the movie review sites, Rotten Tomatoes, The Atlantic, and Forbes.

However, if this category exists, a film such as "Black Panther" may only be listed as a popular film, due to being made by the incredibly popular "Marvel Cinematic Universe (MCU)."

Though it has been removed since it was first announced, the Academy is still considering adding the Popular Film category to the Oscars Ceremony. This will only be done after more research and studies have been conducted.

Films with an award nomination or a win from the Oscars have shown increased revenue outside of theaters and are set as staples in the film industry. The Academy judges the standard of high- quality filmmaking during each year.

To have a category that is a consolation for being popular undercuts all of this. A film in this category is not judged by its attention to plot, shot composition, editing, acting or any of the other factors that make great works. It is just a popularity contest.

If the Popular Film category returns, it would mean the Academy is lowering its standards.

To offer feedback about the addition of a Popular Film category, contact the Academy of Motion

Picture Arts and Sciences at Oscars.org.

# An administration that does not care about our future

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For at least the past decade, Americans have been concerned with their impact on climate change. Laws have been put in place by the Environmental Protection Agency (EPA) to restrict pesticide use, the amount of carbon dioxide released in the air and countless other regulations in attempts to protect the environment.

When President Donald Trump was elected into office in 2016, America and the rest of the world realized the hard work done to preserve the Earth would be thrown out the window.

Regulations that were put in place by the Obama administration were soon to be loosened if not completely forgotten.

According to the Washington Post in December of 2017 all the regulations on the environment the Trump administration repealed were listed. The number came to a startling 23.

In less than a year of being in office, Trump has decided to lose 23 rules that were in place to protect the one planet we know is inhabitable.

Climate change was considered as a serious problem during the Obama administration, but has lacked authority since Trump was elected into office and eliminated several regulations. **–Storyblocks.**

However, the news for our planet just gets worse. It was announced from the administration that by the end of the century Earth's temperature would rise by seven degrees Fahrenheit.

It may seem like a small number, but it will have enormous amounts of damage.

Oceans could turn dangerously acidic, parts of the east coast could be submerged underwater and extreme heat could ruin the Earth.

With this in mind, one would think the administration would be backpedaling in attempts to reverse or fix the damage already done.

Unfortunately this is not the case, instead new proposed regulations would allow for vehicles built after 2020 to no longer meet fuel-efficient guidelines and would increase the amount of gas emissions released into the atmosphere.

And this is just one of the many regulations that would cause detrimental damages.

This is not a problem America or other countries can ignore.

In a few short years this country and others could be in serious trouble.

If we do not take responsibility for our actions we cannot be surprised when the consequences occur.

While the actions the community takes can feel small, any part to help in preventing this significant temperature rise should be taken.

For more information about how to be involved with the EPA regulation process go to https://www.epa.gov/laws-regulations/get-involved-epa-regulations.

# Plant-based drinks violate milk standards

**COURTNEY MOSER**
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In recent years, soy and almond drinks have broken into the consumer world offering a "milk" alternative for those who may have restrictive diets.

For decades, dairy products have maintained their roles as leading providers of key nutrients, but now a rising trend of plant-based drinks labeled as "milk" is diminishing the true value of dairy milk.

Upon evaluation, however, these plant-based drinks do not align with the definition or standard of milk.

"Milk is the lacteal secretion, practically free from colostrum, obtained by the complete milking of one or more healthy cows," according to the U.S. Food and Drug Administration.

Soy and almond drinks are not obtained my milking a lactose-producing cow.

Rather, soy milk is a liquid "made from ground cooked soybeans that is usually fortified and used as a milk substitute," according to Merriam-Webster Dictionary.

Plant based milk popularity is rising, with almond milk in the lead of highest seller. **–Storyblocks.**

As for almond milk, Merriam-Webster Dictionary defines it is as "an emulsion (as from blanched almonds, acacia, sugar and water) used as a demulcent."

"Labeling practices of many plant-based dairy imitators violate federal standards," according to the current commissioner of the U.S. Food and Drug Administration, Scott Gottlieb, in a USA Today article.

These plant-based drinks that are being labeled and referred to as "milk" are not actually milk of any kind.

They are a juice. Only milk obtained from dairy cows can provide a package of nine essential nutrients that are critical to a person's health.

"These nutrients are difficult to obtain in diets with limited or no dairy products, such as vegan or dairy restrictive diets. Indeed, dairy products are rich in calcium, protein, potassium and phosphorus," according to the U.S. National Library of Medicine website.

Plant-based drinks need be labeled for what they actually contain -- plant juice -- not milk.

Consumers deserve to know the facts about what they are consuming and the current labeling on plant-based drinks is not doing so.

Milk, the drink that is produced solely by mammals, is what needs to be upheld for its true nutritional content.

$5.99
Pizza Hut
Medium Pizza
1-Topping
HUT REWARDS
Earn Points Online.
Get Free Pizza.
Coupon Code: 2297

## Homecoming & Family Weekend Schedule

**Friday Oct. 19**

| | |
|---|---|
| 10 a.m. | Best-Shot Golf Tournament |
| 10:15 a.m. | Chapel \| Speaker Tom Buchheim '93 |
| 10:45 a.m. | Business Career Directions and Connections Alumni Panels |
| 12 p.m. | Bach's Lunch Organ Lecture & Recital |
| 2:30 p.m. | Social Justice Alumni Panel |
| 3:50 p.m. | Wartburg Symphonic Band Open Rehearsal |
| 4 p.m. | Homecoming & Family Weekend Registration |
| | Multicultural Perspectives Alumni Panel |
| 4:50 p.m. | Wartburg Wind Ensemble Open Rehearsal |
| 5 p.m. | Wartburg Choir Open Rehearsal |
| 8:45 p.m. | Kastle Kapers and Homecoming Court presentation |
| 10:30 p.m. | Comedian Jessi Campbell - Sponsored by ETK |

**Saturday Oct. 20**

| | |
|---|---|
| 8 a.m. | Knight Run\|Walk |
| | Homecoming & Family Weekend Children's Track Meet |
| | Homecoming & Family Weekend Registration |
| 10 a.m. | Book Signings \|Mary Bleckwehl '77 and Gail Kittleson '72 |
| | Parade |
| 10:30 a.m. | Renaissance Faire |
| 1:30 p.m. | Football Game \| Wartburg Knights vs. Central Dutch |
| 4 p.m. | Oktoberfest |
| 5 p.m. | Women's Soccer vs. Simpson |
| 6 p.m. | Rainbow Alumni Social |
| 7:30 p.m. | Men's Soccer vs. Simpson |
| 8 p.m. | Wartburg Community Symphony Concert |

**Sunday Oct. 21**

| | |
|---|---|
| 9:30 a.m. | Preludial Music |
| 10 a.m. | Homecoming & Family Weekend Worship |
| 2:30 p.m. | Wartburg Choir Concert |
| 3:30 p.m. | Wartburg Wind Ensemble Concert |

**For more details about the activities go to:** ***www.wartburg.edu/homecoming/***

–**Anthony Quesada Sánchez**/*TRUMPET*

# Knights win conference title

◂ Continued from p. 1

Hannah Fox '20 followed that up with a win in the two hole. Fox blanked Naomi Amani 6-0 in both matches.

Lauren O'Brian '20 followed with a 6-0 and 6-4 win over Madeline Parker.

Madison Overmann '22 stepped up in the four spot, beating Megan Ranney 6-4 and 6-0. With the win, Overmann finishes out her first season undefeated in conference singles matches.

"I was very nervous going into my singles match," Overmann said. "I wanted to get the win for my team to clinch the conference champion win."

Gabby Olejniczak '20 followed up with 6-4 and 6-0 wins over Hailey Wang. Sydney Powers '21 finished out the singles match with another win. Powers defeated Kaitlynn Green with scores of 6-4 and 6-2.

In doubles play, the duo of Rottinghaus and Fox started off slow, but came away with an 8-5 victory over Palacios-Quinonez and Ranney.

Rachel Zittergruen '20 and O'Brian fought hard, but ultimately lost in a tiebreaker to Amani and Parker, 9-8.

To round out the scores, Alex Petersen '19 and Rebekah Corson '21 defeated Wang and Green with a score of 8-3.

Rottinghaus said that the win was a testament to the work the team put in before and during the season.

"Coming into this season, we knew how good we could be if we put the work in," Rottinghaus said. "We knew we had a fighting chance to be conference champs, but we also could not focus on the big picture; we had to focus on one point at a time."

The Knights also competed on Friday and Saturday at the American Rivers Conference individual championship in Ankeny and came home with eight medals between six women.

In the Flight A doubles bracket, Fox and Rottinghaus secured third place after defeating Karleigh Schilling and Jenna Stewart of Central 8-3. The Knights were defeated by Britta Pressler and Shelby Cook from Luther 8-2 in the semifinals.

Overmann and Olejniczak secured the Flight B doubles championship after defeating Naomi Amani and Madeline Parker of the University of Dubuque 8-4. Petersen and Powers paired up to finish third after defeating Luther's Ellie Hemker and Anna Spencer 8-5.

In Flight B singles, it was a Wartburg against Wartburg matchup. In the semifinal round, Olejniczak defeated Loras' Noely Bauman 6-2 and 6-1, while Overmann beat Hemker 6-4 in both sets. Overmann came out on top for her first A-R-C individual championship and her second of the tournament.

This concludes the fall season for the women's tennis team. The team finishes with many accomplishments, including a team record of 11-0, the first conference win over Luther in program history, the first victory over Coe since 1999, and the first conference championship in program history since its inception 40 years ago.

After defeating the University of Dubuque Spartans 8-1, the Knights on the first conference title in program history and earned the first American Rivers Conference title for women's tennis. **–Wartburg Sports Information**

# Referee: The most difficult job in sports

**RYAN REEBENACKER**
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With fall sports in full swing, frustration begins to emerge for many fans of struggling teams. Fans of the losing team feel grief, and with grief comes the need to place blame on someone or something. In many cases, teams and fans will place that blame at the feet of referees, referencing what teams and fans consider to be poor officiating.

As a referee, it is necessary to keep composure even when a player is screaming and yelling. If an official allows a player or a fan to get into the referee's head, the referee will start to second guess every call they make rather than just focusing on the game. Everyone looks for a scapegoat when something goes wrong.

Referees are capable of making mistakes, but just because an official makes one bad decision does not make them bad at their job. If Tom Brady throws one interception, it does not mean Brady is bad at his job. If LeBron James misses a free throw, it does not mean James is bad at his job. So why do many players believe that one mistake makes a bad referee?

Referees have to stroll out into an arena, court or stadium where people oftentimes don't so much as know their name, and be berated to their face. Referees are required to have the thickest skin of anybody else there, yet the damage they receive during the game often follows them after the game ends.

According to Dr. Joel Fish, a sports psychologist and director of the Center for Sport Psychology in Philadelphia, the mental and emotional beating referees face is known to cause increased rates of depression and suicide.

"We're not talking about the kind of stress that goes away after a good night's sleep," Fish said. "These people are humans, not robots."

This issue spans across more than any individual league. Referees have the hardest job in sports, whether officiating an NFL game or a high school volleyball match. Referees are routinely yelled at, spit on, insulted, and more. However, it is important to remember officials are more than just their uniform.

Paige Deppe '20 attacks the Luther defense during the Knights' game against the Norse. Deppe also led the Knights with four blocks against the St. Thomas Tommies. - **Matt Ohl**/*MARKETING & COMM.*

# Volleyball falls short in fifth set

**GRANT BERENDS**
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The Wartburg Knights faced the University of St. Thomas in the second match of the Wartburg Quad. St. Thomas won the match 3-2.

The Tommies took an early lead by winning the first two sets. While, the Knights staged a comeback by winning the second two sets to force a fifth. St. Thomas would take the fifth set and the match with it.

The Tommies jumped to claim the lead in the first set early with runs of three and six points to put them ahead 13-5. Both teams would trade points and short runs for the rest of the set. Wartburg rallied with a run of points near the end, but lost the set 25-18.

The second set was a running game with both teams going back and forth in points. The lead changed five times throughout the set, with each rally being offset by the other team responding with one of their own. St. Thomas pulled away with two runs of four points to out the second set 25-17.

The third set was competitive with a tight score for its duration. Wartburg clutched an important win with a staggering run of seven points, followed by runs of two and three points to take the set 25-18.

The fourth set was competitive all the way to the end. The Tommies and the Knights kept it close until it was tied 24-24. Wartburg forced a fifth set with back to back kills by Kylie Bildstein '21 and Lizzy Blough '19 to win 26-24.

St. Thomas owned the fifth set without ever falling behind the Knights. Wartburg slipped out of the rhythm formed in the third and fourth set by giving a total of 11 points away through errors in the final set alone. The Tommies ultimately won the fifth set 15-9 and the match 3-2.

Bildstein and Blough both led Wartburg with 18 kills, with Bildstein's being a career high. Jayme Willemssen '22 added eight of her own. Paige Deppe '20 and Bildstein both blocked four attacks. Katie Foster '21 had a career high of 36 digs. Mallary Erbes '19 dug up 23 of her own and added 42 assists. Earlier in the day, Erbes moved up to sixth all-time in assists after surpassing former teammate Maria Brown's '18 number of 1,838.

Wartburg moves to 13-9 overall with a record of 5-1 in conference play. They will play their final regular season home game at 7:30 p.m. on Tuesday, Oct. 16 against the Simpson Storm. The Knights are currently tied for first in the American Rivers Conference.

# This week in sports

Jillian Huser '19 had one assist against the Buena Vista Beavers last Tuesday. She also added one shot against the Beavers.- **Matt Ohl**/*MARKETING & COMM.*

JoJo McNair '21 caught three touchdowns against Coe on Saturday, along with two tackles. - **Julie Drewes**/*MARKETING & COMM.*

Lizzy Blough '19 pounded down 50 total kills over the course of four games, helping the Knights go 3-1 during the week. - **Kaylin Muggler**/*MARKETING & COMM.*

Paul Koebke Barsic '19 holds five shutouts this season, ranks eighth all-time in a single season. - **Matt Ohl**/*MARKETING & COMM.*

The women's cross country team, led by Carina Collet '21, is looking to repeat a trip to nationals this season. .- **Kaylin Muggler**/*MARKETING & COMM.*

Sam Pinkowski '21 is a part of the 11th ranked men's cross country team. - **Kaylin Muggler**/*MARKETING & COMM.*

**Football**
Win @ Coe, 31-19

Matt Sacia '19 became Wartburg's career leader in touchdown passes with 74. He is currently second all-time in passing yards with 7,592 and third in pass completions with 582.

JoJo McNair '21 scored three touchdowns off of eight catches for 104 yards. Kolin Schulte '20 added one touchdown off seven receptions for 150 yards.

**Women's Tennis**
Win @ University of Dubuque, 8-1

Ashley Rottinghaus '19 and Hannah Fox '20 paired up to win the top doubles match and split to win their individual matches. Conference Player of the Week Lauren O'Brian '20 also contributed a win in the three spot.

@ ARC Tournament

Madison Overmann '22 took home two gold medals. Overmann took home first in Flight B doubles and singles. Gabby Olejniczak '20 took first in Flight B doubles, as well as earning runner-up honors in singles.

Ashley Rottinghaus '19 and Hannah Fox '20 took home third in Flight A doubles.

Sydney Powers '21 and Alex Petersen '19 took third place in Flight B doubles.

**Women's Soccer**
Win @ Buena Vista, 7-0

Kate Luers '22 started off the game with two goals in the first half, one of which was off a Jillian Huser '19 corner kick.

Nicole Adair '19 scored at the 58:05 minute mark off a pass from Sarah Campbell '22. Also contributing goals were Emily Fontana '21 off a Hailey Osburn '22 assist, Emma Moss '19, Morgan Finch '19 and Sydney Salton '20. Goalkeeper Marissa Lopez '22 recorded her seventh win of the season.

Win vs. Luther, 1-0

Nicole Adair '19 scored the only goal of the game and her eighth of the season. Marissa Lopez '22 guarded the goal and claimed her third straight shutout. The Knights advance to 10-4-1 overall and 4-1-1 in conference play.

**Men's Soccer**
Win @ Buena Vista, 1-0

Samuel Thomann '21 scored his second career goal and first of the season to lift the Knights to a late victory. Paul Koebke Barsic '19 collected his eighth win of the season. Koebke Barsic is currently sixth all-time in career wins in men's soccer history.

Tie vs. Luther, 2-2

Daniel Luzindya '19 scored in the right half of the goal off an Ayo Adebayo '19 assist to tie up the game. After another Luther score, Ben Johnson '19 scored off a penalty kick to force overtime, which remained scoreless. The Knights now hold a record of 4-1-1 against American Rivers Conference opponents.

**Volleyball**
Win @ Coe, 3-0

Jayme Willemssen '22 killed a career-high 12 balls. Lizzy Blough '19 aided her with 16 of her own. The orange and black held team advantages in hitting percentage, kills, service aces and blocks.

Win vs. Loras, 3-0

The Knights extended their conference record to 5-1. Both the Knights and the Duhawks had 30 kills, but the Knights had 17 less attacking errors to earn them the victory. Mallary Erbes '19 had three service aces in the win.

Win vs. UW-Platteville, 3-0

Jayme Willemssen '22 had a team-high four blocks. Paige Deppe '20 and Kylie Bildstein '21 added three each. Lexi Groe '21 contributed six kills during the sweep.

Loss vs. University of St. Thomas, 3-2

After losing the first two sets, the Knights battled back, forcing a fifth set. Lizzy Blough '19 and Kylie Bildstein '21 both had 18 kills. Mallary Erbes moved to sixth all-time in assists after adding 42 to her career total. Katie Foster '21 dug a career-high 36 balls. The last time the two met was in the 2017 NCAA Tournament.

**Men's Cross Country**
8th @ UW-Oshkosh Kollege Town Sports Invitational

The 11th ranked Knights were led by the duo of Sam Pinkowski '21 and Joe Freiburger '21. PInkowski placed 26th with a tim eof 25:43.4, while Freiburger placed 27th in 25:45.7 during the eight-kilometer race.

Matt Schneider '20 led the way for the Knights in the men's open 8K with a time of 26:58.3.

**Women's Cross Country**
14th @ UW-Oshkosh Kollege Town Sports Invitational

The 20th ranked women were led by Carina Collet '21, who claimed a seventh place finish in 21:55.7. Cassidy Christopher '21 placed 69th in 23:27.4.

In the women's open 6K, Ashley Stevens '19 placed 41st in 24:41.5.

**Men's Bowling**
7th @ Mount Mercy
Five Season's Classic

Andy Johll '22 was the top team finisher with an average of 183.6. The tournament lasted from Saturday through Sunday. There are currently nine men on the roster.

**Women's Bowling**
8th @ Mount Mercy
Five Season's Classic

Rachel Holst '22 placed 32nd wiht an average of 157. This is the first year Wartburg has had a collegiate bowling team, who are under the direction of Head coach Joe Squires. There are currently seven women on the roster, eight of whom are first-years.

# Twice the sports, twice the success

## Rottinghaus balances tennis, volleyball and academics

**ANNIKA WALL**
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As a member of two fall sports, Rottinghaus has already helped the tennis team win a conference title, while the volleyball team is tied for first. - **Kaylin Muggler**/*MARKETING & COMM.*

When high school athletes go to college, many are forced to focus on one, sometimes two, athletic endeavors. When a student chooses two, more choices must be made. However, it's almost unheard of for a college-level athlete to compete in two sports during the same season. Sydney Rottinghaus '21 is one such athlete.

After being recruited for Wartburg's volleyball program, Rottinghaus decided to continue her tennis career as well. Her freshman year, she played volleyball in the fall and tennis in the spring. This season, though, she opted to overlap her schedules and compete in the fall tennis season as well, going so far as to compete in two sports on the same day.

"It's definitely been a lot because we have volleyball practice from 3:15 to six, and then I have to fit in tennis sometime during the day," Rottinghaus said. "All my coaches have been great about this. I go hit in the morning for tennis and go to volleyball in the afternoon, and then I have school on top of all that."

On the morning of Oct. 6, Rottinghaus and the women's tennis team defeated Luther for the first time in program history. That afternoon, the Mason City native served the match point in the volleyball team's sweep of Central College.

Additionally, Rottinghaus was able to compete against Luther and Coe Colleges on the tennis court, two teams which had dominated the conference in recent history. Rottinghaus was able to help lead the Knights to the program's first conference title.

"For us to be able to help them out like that and help them get a conference title and for her to still be a part of our program and help us get a conference title is really unheard of and awfully cool," Jennifer Walker, co-head volleyball coach, said. "I've never heard of anyone doing it in one season."

The planning for this to occur began last year. Head Tennis Coach Chris Gustas met with Athletic Director Rick Willis at the end of the season last year. Gustas said he believed the women could win conference, but it would be difficult without Rottinghaus. After that, Willis, Gustas and the volleyball coaches sat down and saw how they could budget Rottinghaus' time for competitions.

While it's helped the Knights this season, Gustas doesn't believe it would have worked as well last year.

"She wouldn't have had the spring to get to know the players and to show everyone how hard she works," Gustas said. "The fact that she got to come in the spring and everyone got to see who she was, it was easier to accept that a player would just jump into the lineup for our biggest meets because they knew her and knew what character she brought to the table and the hard work she was doing behind the scenes."

No matter what sport the dual-sport athlete competes in, Walker and Gustas both praise how Rottinghaus puts in the work and uses her drive to reach success.

"She doesn't lose very often," Gustas said. "As things get tougher, she gets tougher herself. The grit is always there and she's always fighting and fighting. She's very mentally tough, a gifted athlete and is very coachable and willing to adapt."

"I think it's her internal drive," Walker said. "She thinks 'If she's working that hard, I'm going to work that hard. If she's getting better, I'm going to get better.' People feed off each other that way. Go watch film from her first match to where she is now. It is incredible. Even in a little over a month's time, she's made progress, and it is fun to see that in anybody, but it's really fun to see in Sydney because she's doing two sports"

Even though the fall tennis season is complete, Rottinghaus and the volleyball team will take on Simpson at 7:30 p.m. Tuesday in Levick Arena at Wartburg.

# Knights conquer Kohawks, advance to 4-2

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Matt Sacia '19 is now Wartburg's all-time leader in passing touchdowns. - **Julie Drewes**/*MARKETING & COMM.*

Matt Sacia '19 became Wartburg's all-time leader in passing touchdowns, helping the Knights defeat Coe College 31-19 on the road Saturday to advance to 4-2 and 3-1 in the conference.

Sacia came into the game one touchdown short of Logan Schrader's '16 record of 71 career touchdown passes, which was set in 2014. Sacia finished the day with four touchdowns on 379 yards passing. He now has 74 career touchdowns with four regular season games remaining.

Coe got on the board first with a Jacob Null safety midway through the first quarter, but Sacia connected with JoJo McNair '21 on an 18-yard passing touchdown to take a 7-2 lead at the end of the first quarter.

The Kohawks took advantage of a rare Sacia mistake, taking an interception back 72 yards for a touchdown to regain the lead at 9-7 with 11:40 remaining in the second quarter.

The Knights answered back with a 12-yard pass from Sacia to McNair and a nine yard pass from Sacia to Kolin Schulte '20, allowing the Knights to enter halftime with a 21-9 lead.

A 39-yard Coe field goal was the only score of the third quarter, and the Knights entered the final quarter with a 21-12 lead.

Cody Russell had a four-yard touchdown, which brought the Kohawks within one score at 21-19 with 13:37 to play, but it was all Wartburg from there on. McNair hauled in his third touchdown reception of the day from Sacia to move the score to 28-19. Kain Eagle extended the Knights lead to 31-19 with a 20-yard field goal and the Knights' defense held the score there.

McNair, who finished with 8 catches for 104 yards and 3 receiving touchdowns, was extremely proud to catch Matt Sacia's record breaking touchdown.

"I didn't even realize it was the record at first, but I'm glad I could be the one to haul it in," McNair said. "I believe this will be the first of many more records for him."

Schulte also finished with big numbers through the air, grabbing seven catches for 150 yards. Schulte felt the Knights played well through adversity.

"We definitely made a lot of mistakes," Schulte said. "Today was not our best performance, but we moved the ball well on offense and made big plays when we needed them. It feels great to get the dub [win] on the road."

With the victory, the Knights are now tied for second place in the American Rivers Conference with Loras, Dubuque and Simpson. Wartburg will face Central on Saturday, Oct. 20 in the Knights' homecoming game. Kickoff is scheduled for 1:30 p.m.

## Upcoming Sports Schedule:

**Tuesday, Oct. 16**
Women's volleyball vs. Simpson
7 p.m.

**Wednesday, Oct. 17**
Men's soccer @ Loras
5 p.m.

Women's soccer @ Loras
7 p.m.

**Saturday, Oct. 20**
Football vs. Central
1:30 p.m.

Women's bowling @ Eau Claire Stout State Open

Men's bowling @ Eau Claire Stout State Open

Women's soccer vs. Simpson
5 p.m.

Men's soccer vs. Simpson
7:30 p.m.

**Sunday, Oct. 21**
Women's bowling @ Eau Claire Stout State Open

Men's bowling @ Eau Claire Stout State Open

**Tuesday, Oct. 23**
Women's volleyball @ Buena Vista
7 p.m.

Men's soccer vs. UW-Platteville
7:30 p.m.

**Friday, Oct. 26**
Women's volleyball @DePauw
3 p.m.

Women's volleyball @ Washington University
7 p.m.

**Saturday, Oct. 27**
Women's volleyball vs. Aurora
11:30 a.m.

Football @ Loras
1 p.m.

Women's volleyball vs. Belhaven
1:30 p.m.

Mens/Women's Cross Country @ ARC Championships

## Trumpet Athletes of the Week

**Matt Sacia**

Became Wartburg's career leader in touchdown passes after throwing four in football's win over Coe.

**Madison Overmann**

Flight B conference champion in both doubles and singles at the women's tennis individual conference tournament.